



SUPERIOR HIKING TRAIL CHECKLIST

PAPERS

- Driver's license
- Credit cards
- Insurance Cards (health and auto)
- Cash (\$20 on trail in small Ziploc)
- Campground/ AirBnB reservations
- Stop snail mail
- Trail map

SLEEPING

- Tent
- Footprint
- Poles and stakes
- 2 Waterproof compression sacks for tent and sleeping bag
- Sleeping bag
- Sleeping pad
- Inflatable pillow

FOOD/WATER

- Food rope (50 ft) & carabiner
- Dry bag for food
- 2 water bottles
- Stove & gas
- Matches/lighters
- Water filter
- Backup tablets
- Electrolytes
- Breakfast (oatmeal, dried fruit, dried milk, coffee)
- Lunch (jerky, crackers, cheese, dried fruit/vegs)
- Dinner (dried/fresh)
- Snacks (Power, Cliff, Kind bars (1 per day), trail mix, Stingers, chocolate)
- Tea
- Pot/pan
- Coffee filter
- Plastic bowl
- Drinking cup
- Utensil(s)
- 2 Ziplocks for garbage
- Small sponge
- Dr. Bronner's soap

PERSONAL CARE

- Toilet paper in gallon ziploc
- Trowel
- Tooth brush/paste (travel size)
- Floss (just strings, no container)
- Wet naps
- Face soap
- Brush/hair pick
- Insect repellent
- Sun screen
- Hand sanitizer
- Lip balm
- Vitamins*
- Prescriptions
- Birth control*
- Ear plugs *
- Hair tie*
- Eye drops*
- Ibuprofen
- Personal 1st aid kit
- Group 1st aid kit
- Small camp towel
- Blister management
- Safety pin (for slivers, in 1st aid kit)
- Pocket mirror (for safety, in 1st aid kit)

CLOTHING

- Rain jacket (shell)
- Rain pants
- Hiking boots or shoes
- Orthotics, if needed
- Hiking socks
- Non-cotton long underwear top and bottoms (yes, even in Summer)
- Light, insulated jacket
- Shirt
- Pants/shorts
- Undies
- Stocking hat for sleeping
- Light gloves
- Hat with visor
- Sunglasses
- Camp shoes
- Swim suit*
- Bandana
- Head bug net

GEAR

- Camera/phone
- Battery cube, cords*
- Book in Ziploc*
- Headlamp
- Batteries
- Pocket knife
- Compass
- Pack
- Pack cover or plastic insert
- Satellite messenger
- Emergency Whistle
- Repair duct tape
- Tenacious tape
- Hiking poles
- Bathroom trowel
- Bear Spray (if needed)
- Sacred Butt Pad of Warmth
- Large garbage bag

*OPTIONAL ITEMS

ITEMS WE PROVIDE FOR OUR CLIENTS

GUESTS BRING

This sample list is recommended for peak season on the Superior Hiking Trail. Other trails and seasons may require different equipment and permits.